



Performance Sport - Clean Sport Policy

The University of Edinburgh is committed to providing the opportunity for everyone to participate and compete in a clean sporting environment. As an accredited UK Anti-Doping (UKAD) Clean sport University, we strive to create an environment where athletes within the University of Edinburgh's Individual Performance Programme (IPP) and Team Performance Programme (TPP) are empowered with the knowledge, resources and qualified support to compete cleanly and are aware they can reach their goals in their chosen sport without the use of prohibited substances or methods.

This document uses 'Team Performance Programme' to reference all sports who have a Head of Performance employed by University of Edinburgh Sport & Exercise.

Key Objectives

1. **Athlete Education:** Educate athletes in line with the UK Anti-Doping curriculum framework and minimum educational standards including, but not limited to, topics such as the principles of strict liability, rule violations, consequences and reporting doping in sport. Promote the resources available to them to check their own compliance.
2. **Coach Education:** Educate coaches and athlete support personnel to provide a reliable and positive source of advice for athletes and understand how they play a part in keeping sport clean.
3. **Nutritional Support:** Provision of robust nutritional advice to aid athletes in reaching their goals through natural means.

Implementation

1. Athlete Education

- All athletes who wish to be part of either The University of Edinburgh's IPP or TPP will be required to provide an up to date pass certificate for the UKAD Accredited Advisor Course by 31st October in the season in which they wish to compete. Athletes who have not completed the course by this date will be excluded from programmes and will receive no support from The University of Edinburgh in either support services or scholarships.
- All IPP and TPP athletes must attend at least one Clean Sport workshop on an annual basis, delivered by a qualified UKAD Educator or a UKAD National Trainer. Attendance will be monitored and data sent to UKAD.
- Athletes will be directed to the best available online educational websites and substance checking databases.
- Any changes to UKAD or WADA rules will be shared via email to all IPP and TPP athletes.
- All athletes will be provided with details for the designated university anti-doping point of contact to field questions or concerns.

2. Coach Education

- All members of coaching staff employed by the University of Edinburgh Sport & Exercise and all members of athlete support personnel working within the Performance Programme will be required to provide an up to date pass certificate for the UKAD Coach Clean Course within 1 month of commencing employment and maintain its validity throughout their employment, as a condition of their ongoing work with athletes.
- All employed members of coaching staff and all members of athlete support personnel must attend at least one Clean Sport workshop on an annual basis, delivered by a qualified UKAD Educator or a UKAD National Trainer. Attendance will be monitored and data sent to UKAD.

3. Nutritional Support

- Athletes will be provided with appropriate nutritional advice to help them achieve optimal nutritional intake for performance demands.
- All Performance coaching staff and athlete support personnel will encourage a 'food first' approach on the topic of supplementation.
- Athletes will be made aware that there are no guarantees any supplement product will be free of banned substances and educated to follow the 'Need, Risk, Consequence' framework when making decisions on supplementation.

Ongoing Commitments

The University of Edinburgh Performance Sport Department is committed to the ongoing review of the Performance Sport Clean Sport Policy to ensure compliance with any future alterations and changes to anti-doping regulations and minimum educational standards.

The University of Edinburgh Performance Sport Department will be leaders in advocating anti-doping education and compliance across the wider sporting community at the University of Edinburgh. We commit to working with our colleagues and partners from the Edinburgh University Sports Union, Pleasance Sport Complex and Gym, Peffermill Playing Fields and Easter Bush Gym to promote a clean sport university and maintain our UKAD Accredited Institution status.